

Intelligent Energy Management

Techniques Quick Guide

| Intelligent Energy Management Technique | Reasons to Use | Quick Steps |
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| Heart Focused Breathing™ - <i>essential component of all other techniques</i> | <ul style="list-style-type: none"> Saves Energy Reduces intensity or “turns down the volume” of depleting emotions Establishes a calm but alert state Maintains Composure Shifts and sustains balance | <ol style="list-style-type: none"> Focus your attention in the area of the heart Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual |
| Inner-Ease™ | <ul style="list-style-type: none"> Sustains coherence Slows down mental and emotional rhythms Generates Active Calm or “inner stillness on the move” Creates an Inner pause Increases ability to make better decisions | <ol style="list-style-type: none"> Heart Focused Breathing Draw in the feeling of inner ease Anchor and maintain the feeling |
| Quick Coherence® | <ul style="list-style-type: none"> Builds coherence and composure Regulates energy expenditure Increases resiliency capacity | <ol style="list-style-type: none"> Heart Focused Breathing Activate Renewing Feeling |
| Freeze Frame® | <ul style="list-style-type: none"> Reduces energy drains Increases ability to quickly develop solutions and problem solve Increases clarity and access to intuitive intelligence Improves mental functions Increases access to creativity and “out of the box” solutions | <ol style="list-style-type: none"> Acknowledge Heart-Focused Breathing Activate a positive or renewing feeling Ask Observe and act |
| Coherent Communication™ | <ul style="list-style-type: none"> Fosters mutual respect Creates more harmonious interactions Reduces stress, drama and energy drains Shortens meeting times In the work place | <ol style="list-style-type: none"> Shift into heart coherence Listen for the essence; speak with a genuine tone Confirm mutual understanding |
| Heart Lock-in® | <ul style="list-style-type: none"> Accumulates and sustains resilience Builds a new resilience and coherence baseline Improves and builds a coherent field environment | <ol style="list-style-type: none"> Heart-Focused Breathing Activate and sustain Radiate |